



Maryland Health Care Transition

FACT SHEET

FOR Providers

Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility.

Your Role: To help support the youth to develop skills to support adult life and independent living as it relates to their health care needs.

WHAT YOU CAN DO

- Identify transition age youth ages 12-21, in your office/practice
- To initiate conversations with the youth and their parents on health care transition, schedule time to meet with the parents and the youth to discuss health care transition
- Begin to set independent self-management goals with youth, including the parent. Utilize the Transition Checklist for Teens, as a goal setter.
- Prepare the parent/caretaker for the health care transition transfer, and the “letting go”.
- Provide parents and youth with health care transition fact sheets and resources.
- Share the health care transition notebook with the youth and parent.
- Utilize Got Health Care “check your skills” worksheet, as a guide.
- Make the family aware of the transition policy in your office/practice. If you need to develop a health care transition policy, use Got Transition as a tool. Link: <http://www.gottransition.org/providers/index.cfm>
- Initiate health care transition planning into the youth’s care plan.
- Prepare youth and parents for the adult model of care and to discuss transition into the adult model of care.
- Transfer care plan to adult medical home and/or specialists with transfer package.

Resources:

- Got Transition: <http://www.gottransition.org/>
- Resource Locator: <http://specialneeds.health.maryland.gov/>
- Health Care Transition Notebook: <http://phpa.health.maryland.gov/genetics/Pages/MyHealthcareNotebook.aspx>
- Office of Genetics and People with Special Health Care Needs website: <http://phpa.health.maryland.gov/genetics>
- Guardianship and Alternatives for decision making : <http://www.gottransition.org/resourceGet.cfm?id=17>

Recommended Health Care Timeline (www.GotTransition.org)

AGE: 12

Make youth and family aware of transition policy

AGE: 14

Initiate health care transition planning

AGE: 16

Prepare youth and parents for adult model of care and discuss transfer

AGE: 18

Transition to adult model of care

AGE: 18-22

Transfer care to adult medical home and/or specialists with transfer package

AGE: 23-26

Integrate young adults into adult care

Use the **GLADD** approach when talking to parents and students about health care transition.

- **Give information**
- **Listen and learn**
- **Ask questions**
- **Decide on a plan**
- **Do your part**

For More Information:

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